

Published August 29th, 2012

Fish and Shrimp in a Shell

By Susie Iventosch



Photo Susie Iventosch

Fish tacos have become a "go to" meal for us this summer! When we are lucky enough to see wild fresh Sockeye or Copper River salmon in the market, I purchase enough to serve fish one night and make grilled fish and shrimp tacos the next. These tacos are perfect fare for a Labor Day fiesta, and especially great to eat outdoors, as they can be rather messy!

Normally, when you see fish tacos on a menu, they use fried fish, but using grilled fish makes the dish all that much healthier, and besides, you don't really need the breading in addition to the taco shells. We like to use both corn and flour tortillas, and serve up papaya-mango salsa and guacamole on the side-this is where the mess comes into play, but with all those delicious flavors enhancing the wonderful fresh fish, I figure it's okay ... just hand out plenty of napkins!

Fish and Shrimp Tacos

(Makes 12-16 tacos)

INGREDIENTS

1 1/2 pounds fresh, wild salmon filet (with skin on one side)

1 pound raw shrimp, medium sized

Juice of one lime

Cajun seasoning

12-16 tortillas

Accoutrements

1 recipe guacamole (below)

1 recipe mango-papaya-avocado-lime salsa (below)

1 cup freshly grated Cheddar or Jack cheese

1/4 head finely sliced lettuce

Sour cream or plain low-fat yogurt

DIRECTIONS

Shrimp

Peel and devein shrimp and marinate for a couple of hours in a simple vinaigrette of 1/4 cup olive oil, 1 tablespoon lime juice and 1 teaspoon Cajun spice. Skewer or place in a grilling basket and grill for 1-2 minutes per side over medium heat.

Salmon

Place filet on a large piece of foil, skin side down, and



Photo Susie Iventosch

1 teaspoon cider vinegar

Optional:

2 tablespoons salsa

1 teaspoon Louisiana hot sauce

1 clove garlic, pressed

1/2 teaspoon chili powder

1 medium tomato finely diced

I really love the flavor of avocados so I like to add nothing more than sea salt and cider vinegar. But, if you enjoy lots of flavors in your guacamole, you may wish to add some or all of the optional ingredients. Either way, simply dice or smash the avocados and stir in the rest of the ingredients!

To Assemble

Fry tortillas in a little bit of oil in a large skillet, until starting to brown, but still pliable. Fold in half like a taco shell and place lettuce at the bottom with pieces of fish and shrimp over the lettuce. Sprinkle grated cheese over seafood and spoon fruit salsa, guacamole and yogurt or sour cream over the top. Enjoy!

season top of filet with Cajun spice. Grill over medium heat for about 4 minutes, then tent with foil and continue to cook for another 5-7 minutes, or until fish is cooked. Time will depend on thickness of filet. My husband uses a gas grill and with three burners going, heats the center one directly under the fish to medium, and the two side burners to medium-high. This, he says, cooks the fish evenly but also gives it some nice color, before it is tented!

Papaya-Mango-Lime-Avocado Salsa

INGREDIENTS

1 medium papaya, peeled, seeded and cut into bite-sized pieces

2 mangos, peeled, pit removed and cut into bite-sized pieces

2 avocados, peeled, pitted and cut into the same sized pieces

1 red onion, thinly sliced, caramelized in olive oil and cooled to room temp

1/3 cup coarsely chopped fresh cilantro

1 roasted, seeded and finely diced jalapeno

Juice of 2 limes

1/4 cup extra-virgin olive oil

Sea salt to taste

DIRECTIONS

Gently toss all ingredients, and adjust flavors using more or less lime juice or olive oil, as you desire. Chill until ready to serve.

Guacamole

INGREDIENTS

3-4 ripe avocados, peeled and pitted

1/2 to 1 teaspoon sea salt

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